

Glute Stretch:

- Lie prone on the ground. Bend both legs.
- Cross your right leg and let your ankle rest against the left thigh. With your left hand, bring your knee toward your left shoulder until you feel a stretch. Hold this position for 15 seconds and do it 3 times one each leg.
- For added stretch, once your right ankle is resting on your left thigh, wrap your hand underneath your left hamstring and bring your left leg toward your chest.
- Hold for 15 seconds and do it 3 times on each leg.



Hamstring Stretch:

- Sit at the edge of a chair (make sure it does not have wheels).
- Bend one leg and straighten out the other leg. Do a pelvic tilt.
- Make sure your back is straight, then begin to lean forward (bending from your hips) until you feel a stretch.
- Hold this for 15 seconds and do it 3 times on each leg.



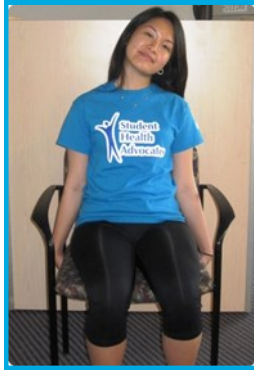
Neck Stretch #1:

- Sit all the way back in a chair. Point nose toward right armpit.
- Place right hand on top of head and gently bring head toward your armpit until you feel a stretch.
- Hold for 15 seconds and do it 3 times on each side.



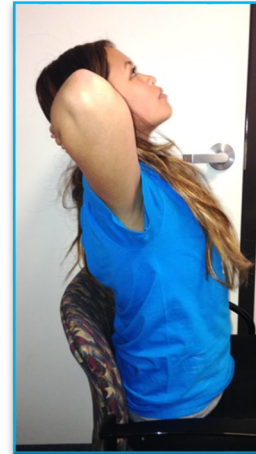
Neck Stretch #2:

- Sit all the way back in a chair. Relax shoulders.
- Place both hands underneath the bottom of the chair and hold the seat. Gently bring your right ear toward your right shoulder until you feel a stretch. You can also place your right hand on top of your head to bring your ear closer to your right shoulder for an added stretch.
- Hold for 15 seconds and do it 3 times each side.



Sitting Butterfly Stretch:

- Sit up tall drawing belly button in towards the spine.
- Place hands behind head (do not lock fingers together).
- Keep the chin tucked and neck retracted (tall).
- Pull elbows as far back as possible and squeeze shoulder blades.
- Do not move your neck.
- Hold for 10-20 seconds and do it 2 times.



Doorframe Stretch:

- Place forearms on the outside of a doorframe until arms are at a 90-degree angle.
- Bring one leg forward and maintain a pelvic tilt.
- Slowly begin bending both knees until you feel a stretch in your chest.
- Hold for 15 seconds and do it 3 times.



We Got Your Back!

This brochure is designed for individuals who wish to maintain a healthy back.

To help keep your back fit, follow the instructions and do this exercise routine 3 times a week.

Please do not perform these exercises if you have been diagnosed with a severe back condition.



UCSD Health Promotion Services
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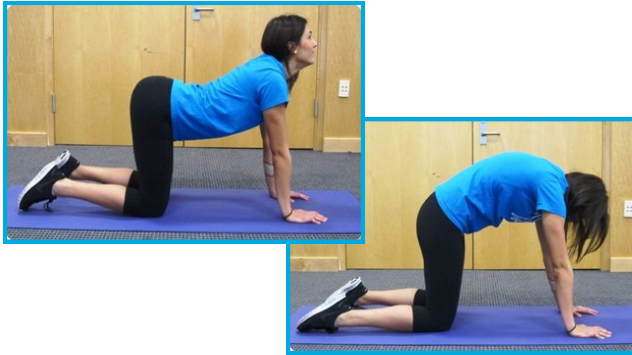
<http://studenthealth.ucsd.edu>

Start with these 2 exercises first



Cat/Cow Stretch:

- Start on all fours. Make sure your wrists are underneath your shoulders and your knees are underneath your hips.
- As you inhale, lift your chest and glutes toward the ceiling as your stomach sinks toward the floor. Lift your head and look forward.
- As you exhale, round your shoulders and back. Move your head toward the floor but don't force your chin to touch your chest.
- Do this 5 times. This is a slow movement so be sure not to rush the exercise or your breathing.



Pelvic Tilt:

- Lie on your back with both knees bent and feet flat on the floor.
- Tilt your pelvis so that your belly button moves toward the floor (do not suck in your tummy). You should feel your pelvis rotate slightly.
- Hold this position for 15 seconds. Do this 3 times. (*Remember to breathe!)



Knee-to-Chest Stretch:

- Lie on your back. Bring one knee to your chest
- Hold this position for 20 seconds. Do this 3 times on each leg.
- Or you can bring both knees to your chest, hold for 20 seconds and do it 3 times. You can hold your legs right below your knees or you can hold them underneath your legs.



Opposite Arm and Leg Extension:

- Lie on your stomach and place a rolled towel underneath your hips.
- Straighten arms and legs. Maintain a pelvic tilt.
- Next, simultaneously raise opposite arm/leg parallel to the ground (careful to not raise arm above shoulders). Hold for a count of 2 and slowly bring them back to the ground.
- Repeat with opposite arm and leg.
- Do 2 sets of 10 repetitions.



Bridge:

- Lie on your back with both knees bent and feet flat on the floor.
- Feet should be hip-width apart (imagine a small ball between your knees).
- Do a pelvic tilt first, then bring your bottom up from the floor and squeeze your glutes.
- Hold for a count of 2 and slowly bring your bottom back to the floor. Do 2 sets of 10 repetitions
- For an advanced version, do steps 1-4 and slowly extend one leg, then release it back to the ground. Now slowly extend the opposite leg while still maintaining the bridge.
- Do 2 sets of 10 repetitions.



Plank:

- Get on your hands and knees. Next, place your weight on your elbows, and carefully straighten one leg at a time.
- Make sure your feet are hip-width apart and that your elbows are underneath your shoulders. Your back and neck should be in neutral position (maintain a pelvic tilt).
- Hold this position for 15 seconds. Do this 3 times. To make it more challenging, you can hold the position for a longer time.

